



# Wellness Resources

## Energy Breaks

Energize your team and stimulate productivity and enthusiasm during meetings. Get out of the stagnant computer state with your amazing Activity Center staff. For more information on energy breaks and how to schedule them for your next meeting, contact:

- ▶ Oak Hill: [Kendall.Payne@nxp.com](mailto:Kendall.Payne@nxp.com)
- ▶ Ed Bluestein: [Kendall.Payne@nxp.com](mailto:Kendall.Payne@nxp.com)
- ▶ Chandler: [Arizona.Macias@nxp.com](mailto:Arizona.Macias@nxp.com)

## NXP Care Connect

Receive 24/7, confidential support for life's challenges at no extra cost through NXP Care Connect.

- ▶ Get five free counseling sessions (per concern, per person, per year)
- ▶ Dependents who live away from home are also eligible

NXP Care Connect provides you and your family with help to handle almost any issue:

- ▶ Family and relationships – including pregnancy, adoption, separation or abuse
- ▶ Legal and financial services – including mediation, financial planning and financial aid assistance
- ▶ Grief support – including the loss of a loved one, infertility, miscarriage and other difficult life changes
- ▶ Child care and elder care – including help for teens and Medicaid/Medicare support
- ▶ Life transitions – including divorce, relocation and college selection

Access your NXP Care Connect benefits at [liveandworkwell.com](http://liveandworkwell.com) (access code: NXP). For support anytime, call (855) 591-1565.

## Wellbeing@NXP

Supported by Personify Health, employees will be empowered to lead happier and healthier lives by engaging in personal and rewarding ways throughout their health and wellbeing journeys. The program provides personalized wellness support, including tracking tools, guided meditations, tips for healthy living and challenges to build healthy habits. Sign up at [join.personifyhealth.com/nxp](http://join.personifyhealth.com/nxp), or download the Personify Health mobile app.

## Calm App

Connect with personalized resources to help support your mental health in-the-moment or as a supplement to engagement with a licensed professional. This includes mental health screenings, coaching and therapy referrals, personalized programs and daily self-care content.

To access, log in at [myuhc.com](http://myuhc.com). Click on **benefits > self care & coaching > calm health** > go to calm health. Non UnitedHealthcare members, visit [nxp.com/benefits](http://nxp.com/benefits) or click [here](#) for more information.

## Financial Wellness with Fidelity

Whether you're juggling multiple priorities or focused on a specific financial goal, join Fidelity throughout the year to learn more about how to enjoy life today while planning for tomorrow. Visit [netbenefits.com](http://netbenefits.com) to view event resources and tools available to you!

For more information visit  
[nxp.com/benefits](http://nxp.com/benefits)